

BETHEL Senior Center

Clifford J. Hurgin Municipal Center, 1 School Street, Bethel, CT. 06801 Telephone: 203-792-3048; 203-794-8593; FAX 203-744-3812

Hours: Mon. - Fri. 8:30 am - 4:00 pm. STAFF: Lisa Plumb, Rosemary Cywin, Joan Simpson, Marie Zappala
50 Years & older! Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better... at Bethel.

Opioid Addiction 2016 Facts & Figures

- Drug overdose is the leading cause of accidental death in the US, with 47,055 lethal drug overdoses in 2014. Opioid addiction is driving this epidemic, with 18,893 overdose deaths related to prescription pain relievers, and 10,574 overdose deaths related to heroin in 2014.5
- Opioids are a class of drugs that include the illicit drug heroin as well as the licit prescription pain relievers oxycodone, hydrocodone, codeine, morphine, fentanyl and others.
- Opioids are chemically related and interact with opioid receptors on nerve cells in the brain and nervous system to produce pleasurable effects and relieve pain.
- Addiction is a primary, chronic and relapsing brain disease characterized by an individual pathologically pursuing reward and/or relief by substance use and other behaviors.
- Of the 21.5 million Americans 12 or older that had a substance use disorder in 2014, 1.9 million had a substance use disorder involving prescription pain relievers and 586,000 had a substance use disorder involving heroin.
- It is estimated that 23% of individuals who use heroin develop opioid addiction. -*American Society of Addiction Medicine, 4/2016*

Help Available for Opioid Addictions

A Message from Richard Porth Pres./CEO of United Way of CT.

The Connecticut Department of Mental Health and Addiction Services (DMHAS) recently announced it is taking steps to help connect service providers and Connecticut residents to a variety of resources to assist with addiction treatment. The DMHAS website contains further detail on clinical treatment options and advocacy and support services.

Opioid Substance Abuse Treatment Options in Connecticut

Opioids are pain killers that can be highly addictive if abused and/or misused, and are in the form of heroin or prescription drugs (e.g., Vicodin, Percocet, Oxycontin). According to the United States Centers for Disease Control and Prevention (CDC) deaths from Opioid overdoses has quadrupled since 1999 in the United States. In Connecticut, since 2013, there has been an unprecedented level of opioid use, causing a huge toll in terms of dependence, addiction, overdose and death.

TREATMENT OPTIONS AND SERVICES IN CT.

The Connecticut Department of Mental Health and Addiction Services (DMHAS) has a wide array of addiction related resources to assist residents of Connecticut, family members, and social service providers dealing with this issue: **Statewide toll-free number connecting residents seeking treatment and services to local walk-in assessment centers. Residents can call 1-800-563-4086**, 24 hours a day, to connect them or a loved one to an assessment center in their area, or visit the website for a location: <http://www.ct.gov/dmhas/walkins>

Opioid Overdose Prevention/Naloxone (Narcan) Initiative: Naloxone (narcan) is the antidote to an opioid overdose. Pharmacists who have been trained and certified are now able to prescribe and dispense naloxone/narcan to individuals from a pharmacy. A list of Naloxone Prescribing Pharmacists in Connecticut is available by clicking this link. In addition to certified pharmacists, **Connecticut law** allows other prescribers, including physicians, surgeons, Physician Assistants (PAs), Advanced Practice Registered Nurses (APRNs), and Dentists to prescribe, dispense and/or administer the medication.

Continued on the back page.

Annual Dessert & Games Night "CARD PARTY"

Come and play cards or games or simply socialize with friends and enjoy raffles and the best array of desserts & treats in town! \$5. *plus your best dessert!*

Friday, May 13, 5 pm -9 pm.

Mexican Lunch

Thursday, May 5, "Cinco de Mayo"

Enjoy a Mexican lunch with Mexican music to celebrate "Cinco de Mayo". Lunch will be served at 12 noon and is the regular fee of \$2.75. Reservations suggested.

Mother's Day Lunch

Friday, May 6

Celebrate all it is to be a Mother...or to have a Mother!

In other words, everyone is welcome!!

Entertainment, and a delicious lunch including spring salad, quiche and scrumptious cheesecake. Sign up today, seating is limited. \$ 5.00/person.

Happy Days – Wed., May 11

Who didn't like that all time favorite show of "Happy Days" on t.v.? Come, join us at the wonderful Westchester Dinner Theatre for the "Happy Days" show, modeled after the t.v. show. Lunch and the bus included for \$85.

Tour of Ireland

Non Stop flights on October 6th, 2016
on Aer Lingus and return 15th of October 2016
(the price includes; Air, air taxes, Land and Tour, transfers,
& Travel Insurance)

**\$2,799.00 per person based on double
Single Supplement an additional \$459.00**

New Program! Wii Bowling

Tuesdays – 9 am – 11 am; in the Activity Room - Free

MOHEGAN SUN CASINO

Tuesday, June 28

\$25. Includes bus, incentives, and lunch.

PROGRAMS

AARP Safe Driving Course Thurs., 6/9. 9 am – 1 pm. \$15 members/ \$20. non-members. Sign up by paying in advance at the BSC.

Adult Meditative Coloring, Mondays, 10 am - 12 noon. Free.

Art Class-Thurs.,12:30 -3:30 pm. Work on any painting or drawing using the medium of your choice. \$3.

Art Class - Special - Mondays, 1 pm - 3 pm, \$30./ 6 weeks.

Astrology - Fridays, 9:30 am - 11 am.

Basketball- Mon./Wed. at 11:30 am a group meets in the gym to play a leisurely game of basketball. This is no longer a Senior Center activity. Offered through Park & Recreation only. Fee.

Bible Study-Taught by one of our members, a bible book or verse is discussed each week. Free on Wed. at 10:30 am.

Bike Club- Go for a leisurely 10 - 20 mile ride. Varied routes. Wed., at 9 am. Stop by the office for information and schedules. Free.

Billiards-Mon. at 10 am. Please call to reserve the table. Free.

Bingo - Open to all. \$2.10 (in dimes). Fri., 1:15 pm.

Board Games - Anytime throughout the week. Just ask!

Bridge-Wed. / Fri. at 12:30 pm. New members welcome.Free.

Canasta- A card game played Thursdays at noon. Free.

Ceramics- There's an awful lot of laughing coming from the studio when ceramics is in session. If you want to have fun and be creative...this is the class for you! \$ 3/class. Includes all paints/stains and firing. Classes held Mon/Tu/Th. from 9 am-12 noon.

Chair Yoga-Chair Yoga is great for those having difficulty getting down on the floor or need a chair to hold on to. Chair Yoga is a key way to strengthen your body in a controlled, safe manner. Wed. at 10 am., Fri.,11am. \$ 2/class.

Chorus- Wed. at 10 am. Free.

Circuit Training- Nautilus equipment plus exercise stations throughout the room. Timed sessions. 10:15 am-Tu./Thurs. \$3.

Computer-This free course is individualized to what you want to learn. Members may sign up for a one-month session. Mon., 1:00 p.m. Limited seating. Please sign up in the office. Free.

Country Dance-Fri. at 10:30 am is the time to do-si-do, swing your partner, and enjoy both square and line dances with a group of upbeat, fun participants. Only \$2.

Crafts-A group of members that will focus on making projects for our holiday fair as well as projects to be donated to local charities. Special projects, also. Wed., 1 pm. Free.

Creative Writing-Tap into your creative talents by penning your thoughts or stories. Led by a passionate writer, this group meets Mondays at 2:00 pm. \$ 3./class.

Crochet & Knit-A lively group of ladies crochet and knit for our annual holiday shoppe as well as a variety of charity work. The yarn is provided. All you need to do is show up! Thursdays at 9:30 am. Free.

Genealogy-Members may sign up for this popular course, on a 1-month basis, held on Tues. at 11 am. Search your family tree under the instruction of Kevin Cleary. Members have found out interesting facts and relatives they didn't know they had! Limited seating available. Free.

Italian Class-Wed.,1 pm the Italian class learns Italian words, history, & culture. Annual trip to Italy – optional. Fee - \$3.

Line Dancing- New dances each week! Our instructor will amaze you with her energy and enthusiasm. Join us Thurs. from 1 pm - 2 pm. \$3./class. A great leg exercise!

Movie Matinee on Mondays; - Best deal in town...free movies and popcorn/candy available for sale. A relaxing way to spend an afternoon.

Please see page 3 for a list of all movies shown. 1 pm.

Piano Lessons-Have you always dreamt of playing the piano but never had the chance to take lessons? That's what retirement is for! We have a very patient teacher who is encouraging and she makes it all seem so easy. \$60/4 weeks. The lesson is 30 minutes on Fridays. (9 am - 12 noon)

Pinochle- Every day 10 am - noon.

Pokeno - Tues., 1 pm, Bring \$3.00 in pennies.

Positive You - This class focuses on positive self image and learning techniques to improve your mind, body, and spirit. Relaxation and motivation skills will be presented and demonstrated. An interactive, feel-good program. Seasonal.

Quilting- Thurs.at 1 pm. Members meet to work on a seasonal quilt as well as a Quilt of Valor for our Veterans. Free.

Reikki - Tuesdays from 10 - 12 noon. \$25./ 30 min. Please call the office for an appointment.

Scrapbooking - The art of taking photographs and embellishing them in an album using phrases, quotes, and decorative art. Frames, clip art, die cuts, and stories are used to embellish the photos. A wonderful trendy craft that makes a great gift or keepsake. No experience necessary. Bring your photographs and a 12" x 12" album. \$2.00.Wed. 9 am - 12 noon. Bring your own supplies/glue/photos/album.

Set Back- Tues. afternoon at 1 pm; experienced player or beginner, we would love for you to join! Come, give it a try!

Seniorcize-One of our most popular programs. Get back in good shape, move to great music. Members love this program. You can too! Tues/Thurs from 9-10 am. \$2.

Spanish Class- Mon. 10-10:45 am. \$4.

Tai Chi-Tai Chi, is a mind-body practice in complementary & alternative medicine. Many people practice tai-chi to improve their health and well-being Th., 11 am.; \$3 per class monthly fee; \$4/walk-in fee.

Toastmasters-Tuesdays at 12 the group meets to learn to perfect their public speaking skills. Free.

Writing Your Memoirs-Each week a topic will be discussed encouraging you to pursue writing about that time in your life. Guest speakers occasionally. Friday, 1:00 p.m., Free.

Yoga-Wed. at 11:00 am.; Fri.- noon, \$2

Zumba-High energy, fast moving exercise. A good workout with latin rhythm music. Mon., Wed., Fri. at 9-9:45 am. \$3.

SPECIAL EVENTS

Come out to the Movies

Best deal in town...free movies! A relaxing way to spend an afternoon. **Popcorn & candy will be on sale.**

Movies begin at 1 pm.

May: 2- Creed; 9- Terms of Endearment; 16-Dance with the White Dog; 23- Camelot

June: 6-Mall Cop 2; 13-Concussion; 20-The Intern; 27-Spotlight

Lunch & Learn Programs - 12 noon

Fridays. Free lunch to first 30 members to sign up. Pre-registration required. Limited seating.

No additional lunch is served.

May: 6 Mother's Day Luncheon (fee); 13-Sentinel Daily Financial; 20-Home Instead Senior Care; 27-Artistry of Hair.

June: 10- Visiting Angels; 17-Heaven's Angels, Home Health Care.

IMPORTANT NUMBERS & MEETINGS

Sweetheart Bus Reservations / Meals on Wheels

203-748-2511

203-628-7540

Friends of BSC Meeting

2nd Monday, every other month: Mon., 6/13/16; 10:30 a.m.

Commission on Aging Meeting

2nd Monday of the month, 2:30 p.m.

Supplemental Nutrition Assistance Program

(every 2nd Thurs., 9 am - 1 pm)

Bethel V.N.A. Blood Pressure Clinic

(2nd Fri. of month: 10:30 am)

FEATURED PROGRAM OF THE MONTH

ADULT MEDITATIVE COLORING – Free.

The famed psychologist Carl Jung was on to something when he started prescribing coloring to his psychiatry patients. He gave his clients mandalas to color as part of their therapy, and you can still purchase mandala coloring books today. But no matter what you choose to color, you'll be right in line with Jung's therapeutic model, because:

1. Coloring gives you an opportunity to be social.
2. Coloring relieves stress and anxiety.
3. Coloring trains your brain to focus.
4. Coloring lets you be you.
5. Coloring helps your fine motor skills and vision.
6. Coloring is free decoration.

Try our class, meet new friends, and see the amazing work the members have done! Some members have made decorative items out of their coloring art. Mondays 10 am.

BIRTHDAYS :

MAY BIRTHDAYS:

- 1 Kathleen DeRoin, Tom McCarthy, Brenda Fegley
 - 3 Nancy Kehle
 - 4 Gloria Picard, Ruth Shilling, Pat MacLeod, Carol Scribner, Barbara Negri, Pat Antal, David McCauley
 - 5 Don Campbell, Rosemary Isacson
 - 7 Peggy Jarmolowski, Patrica Kelly, Eleanor Blackman
 - 8 Francis Novachek, Kathleen Jacobson
 - 9 Uschi Perreforte, Trudy Seagraves, Barbara Murphy, Susan Pople; 10 Dorothea LeBelle
 - 11 Doug Bandisch, Connie Kaufman, Sandra Medrano
 - 12 Linda Porto, James Arcuri; 13 Deanna Egerman
 - 14 Mary Consigli; 15 Marion Streaman, Roslyn Nesline, Susan Davis, Carol Knoblock; 16 Trudy Gilleo, Jeanne McKenzie, John Ofiero, Lori McHugh, Frank Olive Shirley Stoppel, Gail Furniss
 - 17 Margaret Glahn, Barbara Camlek, Maureen Olive, Joan Ninivaggi; 18 Lisa Athans;
 - 19 Val Mancuso, Rosemary Silvertsen
 - 20 John Contrata, Debbie Sutton; 21 Richard Mozer
 - 22 Gloria Couture, Diane Trelewicz
 - 23 Patricia Ashcroft, Ruth Wolinsky
 - 24 Joan Dolan, Marilia Strutt
 - 26 Sally Lord, Gerd Fagerholm, Christine Sleight
 - 27 Muriel Connolly, Dolores Meehan, Linda Curtis, Rosa Lopes, Laura Kvoot
 - 28 Thelma Saunders, Richard Lundwall, Cheryl DiCrescenzo, Richard Sutton
 - 29 Dale Negri, Ann Cummings, Cheryl Massimo
 - 30 Linda Bruce, Karin Griswald, Linda Tufts
 - 31 John Ulman, Maryann Sherwood, Vada Markward
- Anniversaries:** 4 Kevin & Susan Johns; 12 Tony & Barbara Onorato; 20 Jim & Teresa McGowan

JUNE BIRTHDAYS

- 2 Elizabeth Livingstone, Clemencia Weisano
- 3 Dolly Jennings, Ann Twidy
- 4 Marie Trowbridge, Laurie Thompson, David Rist
- 5 Dennis Catalano, Sister Doris Thibault, Penny Grecni, Theresa Dexter, Sharon Shea, Ilana Pratt
- 7 Connie Daniels, Patrice Passaro
- 8 Rose Field, Melissa Mable, Betsy Brown
- 9 Linda Buonagurio, Raymond Anderson
- 10 Gail Hilton, Mary-Anne Ammerman, Pamela Ghirardi, Marie McNeerney, Carol Murphy, Mary Ann Bruton
- 12 John Fleckenstein, Thomas Pace Jr., Steve Ackerman
- 13 Barbara Robinson, Sheilah Fesh; 14 Rose Albano, Britta Wasloff
- 15 Kathleen Baldelli, Miriam Demilio, Mary Tyra, Ted Boccuzzi
- 16 Carolyn Merritt, Roger Dexter, Joan Waterhouse, Richard Barton, Coleen Krempel, Georgia Hennig, Elaine Johr; 17 Jan Elwell, Lore McCarthy
- 18 Lea Masucci, Dolores Luisi; 19 Stephen Kovacs
- 20 Shirley Fogle, Veronia McLean
- 21 Sandra Blauvelt, Darlene Lung, Mary Ann Murphy
- 22 Elizabeth Fleckenstein, Mildred Bagues, Paula Andrews
- 23 Edith Albanesi, Rosita Cascudo; 24 Carol Modzelewski, Annette Simmons
- 25 June Brown, Carol Pettibone, Mary Walsh, Claire Wallace
- 26 Eileen Sundstrom, George Kandle; 27 Franklin Buckley, Ada Cooper
- 28 Mary Smith, Lorraine Squillante, Leonard Summa
- 29 Patricia Sheeran, Barbara LiVolsi-Conlin, Marcia Garrison, Mary Farrenkopf; 30 Espi Lehner, Marie Tarzia, Leslie Mason

Anniversaries: 24-Linda & Warren Curtis

UPCOMING TRIPS...

All trips require payment in full & emergency contact when signing up.

Wed., 5/11 Happy Days at Westchester Theatre \$ 85.
Th., 6/2 Culinary Institute & Boat Ride \$ 110.
Wed., 6/22 1 World Trade Center & Boat Ride \$141.
Tu., 6/28 Mohegan Sun Casino \$25.
Sun., 7/10 Tanglewood, Boston Pops
July 12 – 19 Macinac Island Tour
Thurs, 9/8 Million Dollar Quartet at Westchester \$85.
Wed., 9/21 Big E State Fair Price TBA
10/6 – 15 Tour of Ireland, more information in the office.
Tu, 10/25 Foxwoods Casino + Tanger Outlets \$25.
Th., 11/3 Saturday Night Fever at Westchester \$ 85.

Help for Opioid Addictions; Continued from front page:

For more information on Naloxone (Narcan), Connecticut legislation, training materials, Frequently Asked Questions (FAQs), visit the DMHAS website: <http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=509650>
Medication Assisted Treatment Options: Which includes Methadone Clinics, Facts about Buprenorphine, Pain Management and Addiction Resources, and much more:
<http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=335224>
Advocacy and Support Services: Links to Connecticut Regional Mental Health Boards and other supports,
<http://www.ct.gov/dmhas/cwp/view.asp?a=2908&q=334692>

TOUR OF IRELAND



Non Stop flights on October 6th-15, 2016
(the price includes; Air, air taxes,
Land and Tour, transfers, Travel Insurance)
\$2,799.00 per person/double

Help for Opioid Addictions; Continued

National Resources for Treating Abuse and Addictions:

Centers for Disease Control and Prevention, Injury Prevention & Control: Prescription Drug Overdose:

<http://www.cdc.gov/drugoverdose/epidemic/index.html>

<http://uwc.211ct.org/opioid-substance-abuse-treatment-options-in-connecticut/>

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